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U. S. Department of Agriculture

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In 3 Hh
Housekeepers' Chat

Friday, October 3, 1930.

NOT FOR PUBLICATION

Subject: "To Satisfy a Woman's Whim." Menu and recipes from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Rice as Food."

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"Ho, hum!" said my Next-Door Neighbor, last evening. "What's new in the way of Sunday dinner menus?"

"What do you want?" I asked. "Fried Chicken? Roast Lamb? Veal Cutlets? Beefsteak and Gravy? Or a good old-fashioned New England Boiled Dinner?"

"No!" said my Next-Door Neighbor. "I don't want anything so ordinary as those dishes. I want something different."

"Something different," I repeated. "Ever since you came home from South America, you have wanted 'something different.' Aren't you ever going to settle down, and forget about South America?"

"I fear not," said my friend. "If you only realized, Aunt Sammy, what a wonderful vacation I had, you wouldn't blame me. Just imagine, cruising down to Rio, that city of beautiful palms, and gorgeous flowers. You know the poinsettia, which we treasure so highly at Christmas time? Well, in Rio de Janeiro, poinsettias grow right out in the yards, as high as trees. And the palms! One time I left my hotel, early in the morning, to visit the Botanical Gardens.

"How will I recognize the Botanical Gardens?" I asked the hotel porter.

"Get off the street car," he explained, "when you see a row of palm trees."

"I rode till I saw a row of palm trees. I got off the street car, and entered a wide gateway. It was a lovely place. While I was getting my kodak adjusted, preparing to take a few pictures, a man with a wooden leg approached. He looked at me suspiciously. 'Where do you think you are, lady?' he asked. 'In the Botanical Gardens,' I said. 'You're not in the Botanical Gardens,' he explained. 'You're in Madame So-and-So's estate'. Imagine my embarrassment! But the hotel porter was to blame. A row of palm trees in Rio is as common as cottonwood trees in Kansas."

"Did you ever get to the Botanical Gardens?" I asked my Neighbor.

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"Of course I did! The trees are wonderful! And full of orchids. Would you believe it -- there was one place near Rio where orchids were sold two for a quarter. You'll just have to take a vacation, Aunt Sammy, and see these things for yourself."

"Maybe," I said. "If I can get someone to take my place, while I'm gone. To answer questions, broadcast menus, --"

"Menus," interrupted my Neighbor. "That's what I came over to see you about. A menu for Sunday. Something different. Why did you encourage me to start in on South America?"

"I didn't encourage you," I explained. "I can't keep you from it. I can't stop the flow of adjectives, when you begin talking about poinsettias and palm trees and orchids that sell for next-to-nothing. What do you want for dinner? Are you in an occidental frame of mind, or an oriental?"

"Oriental," said my Neighbor. "I want something very oriental, so I can use my new Chinese hand-embroidered luncheon cloth, and my little brass dinner gong which came from China. What shall we have for dinner, Aunt Sammy?"

"That's easy. Chicken Chop Suey and Fried Noodles. And Rice, and Preserved Fruit. Is that all right?"

"Splendid," said my friend. "You are very kind, to plan a Chinese dinner, to satisfy a woman's whim."

I didn't tell my Neighbor, but just between you and me and the gatepost, she has "a whim of iron." If she wants a Chinese dinner, and I want a good old-fashioned New England dinner -- we're sure to find Chicken Chop Suey and Fried Noodles on the dining table.

Have you ever served Chicken Chop Suey with Fried Noodles? It's a grand dish. I shall broadcast the recipe for the Chop Suey first, and then tell you how to make the noodles. There are eleven ingredients in the Chop Suey. I shall read them slowly.

1 fowl, weighing 3 to 4 pounds	2 cups chicken broth
1 green pepper, shredded	1 teaspoon cornstarch
2 cups shredded onions	1 tablespoon cold water
2 tablespoons fat	2 cups sliced Brazil nuts or
2 cups shredded celery	Jerusalem artichokes, and
1-1/2 teaspoons salt	4 tablespoons soy samce.

Eleven ingredients, for Chicken Chop Suey: (Repeat ingredients).

Put the fowl on a rack in a kettle. Half fill the kettle with boiling water. Cover tightly, and simmer until the meat is nearly tender. Let cool in the broth. Then remove the meat from the bone, discard the skin, and cut the meat into small pieces. Cook the green pepper and onion in the fat, in a heavy skillet, for 3 or 4 minutes, and stir frequently. Add the celery, chicken meat, salt, and broth. Cover, and simmer for 5 minutes.

- Mix the cornstarch and cold water until smooth, and stir into the mixture. Then add the nuts or artichokes, the soy sauce in sufficient quantity to give the desired flavor, and more salt, if necessary. Serve with the hot flaky rice and fried noodles.

Here's how to cook the noodles:

Cook narrow, dried noodles in a large quantity of boiling salted water for 15 minutes, drain, and place on absorbent paper to dry for about 20 minutes. Have a heavy deep kettle about half full of well-flavored fat heated to 375 degrees to 400 degrees Fahrenheit, or until a cube of bread browns in 60 seconds. Cook a small quantity of the noodles at one time, for the water in the noodles cause the fat to sputter and bubble and care must be taken that it does not boil over. When the noodles are light brown, remove at once from the fat, and drain on absorbent paper.

I don't know what my Neighbor is serving for dessert. If she has preserved fruits in her pantry, she will probably serve those. The last time I ate in a Chinese restaurant, we had preserved "gangots" for dessert. Please don't ask me what a "gangot" is -- for I haven't had time to investigate. It tasted good.

Our Chinese menu -- I mean my Neighbor's Chinese menu -- complete was like this: Chicken Chop Suey; Fried Noodles; Rice; Olives or Dill Pickles; Celery; and Fruit.

By the way, I haven't mentioned the Rice Bulletin for a long, long time. It's a dandy bulletin -- lots of good rice recipes. Shall I send you a copy?

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